

Still the Hunger

(A company limited by guarantee)

Report and Unaudited Financial Statements
For the year ended 31 December 2025

Charity number 1151004
Company number 8324984
(Registered in England and Wales)

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Reference and Administrative Information

Charity Name	Still the Hunger
Charity Registration No.	1151004
Company Registration No.	8324984
Registered Office	Caladh, Western Avenue, Woodley, Reading, RG5 3BH

Trustees

Stephen Hogg, Chair	(Appointed 10 December 2012)
David Metson	(Appointed 29 January 2015 – 15 December 2025)
Rachel Hogg	(Appointed 30 June 2021 – 19 December 2025)
Catrina Barlow	(Appointed 11 May 2025)

Secretary

Beverley Hutton

Steering Group

Beverley Hutton (Project Director)
Stephen Hogg
David Metson (until December 2025)
Paul Hutton
Catrina Barlow (from May 2025)

Independent Examiner

Holy Brook Associates

Accountant

Rachel Belshaw

Bankers

Barclays PLC, 4 - 5 Southgate Street, Bath, BA1 1AQ

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 10th December 2012 and registered as a charity on 28th February 2013. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustee Body

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Trustee Body. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

New Trustees are recruited by direct invitation from the existing Board of Trustees and are identified either by the Board of Trustees or by referral to the Trustees. In extending invitations, account is taken of the skills present and needed around the Board table. Potential Trustees are invited to attend Trustee meetings as observers and enabled to familiarise themselves with the organisation. Once mutual agreement as to the suitability of the appointment has been established new Trustees may be appointed to serve in association with the Board of Trustees until the next round of Board elections.

Risk Management

The trustees have continued to assess risk on an ongoing basis and have produced a new policy on Lone Working in addition to our policy on risk.

Organisational Structure

Day to day operational leadership is delegated by the Board of Trustees to a Project Director (PD) who is supported by a Steering Group. The Board of Trustees is a policy making Board, having adopted the Carver principles of governance. It sets policies that limit the freedom of the Project Director where that is needed and sets policies for the strategic ends of the charity for a rolling 3-5 year plan that are reviewed each year. For governance, the Board of Trustees liaises only with the Project Director, who is free to make decisions within the bounds of the strategic plan and governance parameters. The PD reports back to the Board of Trustees and to the Steering Group about ongoing process and developments, that records progress against objectives and the strategic plan, and any exceptions to governance parameters.

Objectives and Activities

Charitable Objects

1. To provide a Recovery Programme for people with mental health needs.
2. To provide a supportive environment within which individuals can work together to overcome dysfunctional life patterns and negative cycles of behaviour and thinking.
3. For the public benefit, in accordance with the Statement of Beliefs, to assist in the treatment and care of persons suffering from mental illness of any description, or in need of rehabilitation, as a result of such illness, by the provision of facilities for emotional support and recreation

Primary Objective

Still the Hunger aims to help bridge the gap that exists between church and the NHS, and to bring a more holistic approach to the treatment and support of those suffering with enduring emotional difficulties. We aim to:

1. Respond to need at the point of referral and integrate individuals into an individually tailored programme, where appropriate, and as soon as possible to alleviate suffering and deterioration.
2. Enable individuals to reach their full potential, take an active role within society, including stable relationships, and engage in work or education.
3. Build self-esteem, and reduce the stigma and isolation associated with mental illness.
4. Enable individuals to explore their spirituality in a safe environment and, if desired, help them to develop their faith and understanding of the nature of their difficulties from a Christian perspective.

Our Approach

We provide a service where individuals can receive individual psychotherapy, EMDR, and/or weekly group therapy.

Following referral, we meet with potential clients as soon as possible to discuss an individually tailored care package and aim to integrate them into a suitable care plan within 1-4 weeks from first point of contact. Our service is therefore extremely valuable and unique as it can be accessed immediately, either directly by the individual or through a referring clinician or community organisation. Anyone over the age of 18 with longstanding emotional difficulties is eligible to access our evening therapy group, and we accept clients of all faiths and none.

We now exclusively operate out of Somerset and online. Beverley Hutton has continued to develop the intensive EMDR programme in Somerset, with regular bookings throughout the year. We continue to work in association with Mercy UK and have supported them by providing low cost therapy over a time limited period (up to 16 weeks) for those undergoing their online course.

Future Plans

There has been a drop in weekly therapy sessions and therefore a drop in income since reducing to a single therapist. Our focus has been on developing the intensive EMDR project and to do this its been necessary to reduce the number of weekly appointments. However, with the introduction of a longer intensive EMDR retreat – which is more beneficial to the client – we hope that this will also generate an increase in income for the charity over time. This longer programme more closely replicates the long-standing residential programme in Holland. This involves 8 days of intensive EMDR and psychoeducation with a 3 day break half way through. This produces better results and means that clients can cover more areas of difficulty within this time frame, with potentially less likely need for ongoing weekly EMDR beyond the programme. Applications for intensive EMDR were consistent and regular throughout the year as more people have become aware of this as a possible therapy modality. We will continue to manage the number of referrals by onward referral to other therapists post intensive EMDR as opposed to continuing to work with everyone ourselves, which isn't sustainable.

In September 2025 we held our annual Vision Day and out of this we considered, and put into practice, a partnership with Eremos Place in the US who provide spiritual direction, pastoral counselling, and inner healing. We look forward to seeing how this partnership evolves.

We also considered rebranding to God in Mind, to more accurately reflect our work. This is due to modern Bible translations having adopted an alternative meaning to Psalm 17:14 from where the name Still the Hunger originated (… 'you still the hunger of those you cherish'. A new website was created at godinmind.org.uk to reflect the partnership with Eremos Place and other future plans.

Financial Review

Presentation of the financial statements

The financial statements have been prepared in accordance with The Charities Act (Accounts and Reports) Regulations and The Charity Commission Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) effective 1 January 2015.

Reserves Policy

The Trustees have set a policy on reserves that there should be sufficient for normal expenditure of a minimum of 2 months, and a maximum of 12 months.

Principle funding resources

The total income from all sources for the year ended 31 December 2025 was £81,581 and total expenditure was £83,474.

Income generated by client fees is now our major source of income, alongside a small number of regular monthly donations.

The Charity is no longer dependent on fundraising and has managed to cover its costs through an increasing number of referrals for EMDR therapy specifically. Referrals are coming in from a variety of sources, and we have seen an increase in applications from higher earning clients due to raised awareness of the benefits of EMDR. This has enabled us to continue offering low cost therapy to those on lower incomes/benefits according to our sliding scale of fees on a discretionary basis.

Statement of Directors Responsibilities

The Charities Act and the Companies Act require the Directors (who are also the trustees for Charity Law) to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the charitable company as at the balance sheet date and of its incoming resources and application of resources, including income and expenditure, for the financial period. In preparing those financial statements, the directors should follow best practice and:

- Select suitable accounting policies and then apply them consistently.
- Observe the methods and principles in the Charities SORP.
- Make judgments and estimates that are reasonable and prudent.
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements, and;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The Directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Directors are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Directors are also responsible for the contents of the Directors' Report, and the responsibility of the independent examiner in relation to the Directors' Report is limited

to examining the report and that ensuring on the face of the report there are no inconsistencies with the figures disclosed in the financial statements.

This report has been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities (FRS 102) and in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Members of the Trustee Body

The Trustees, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 3.

In accordance with company law, as the directors of the company, we certify that:

- So far as we are aware, there is no relevant financial information of which the company's Independent Examiner was unaware; and
- We have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant financial information and to establish that the charity's Independent Examiner is aware of that information.

Independent Examiner

Rachel Eden on behalf of Holy Brook Associates was appointed as the charitable company's Independent Examiner and has expressed her willingness to act in that capacity.

Approved by the Trustees on 22 September 2026 and signed on their behalf by:



Stephen Hogg (Chair of Trustees)

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A *Independent Examiner's Report*

Report to the trustees/ members of	Still the Hunger		
On accounts for the year ended	31st December 2025	**Charity no)**	1151004
Set out on pages	1-2		

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect,:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:		**Date:**	22nd September 2026
Name:	Rachel Eden		
Relevant professional qualification(s) or body (if any):	FCMA (Chartered Institute of Management Accountants)		
Address:	Holy Brook Associates, Thames Tower		
	Station Road, Reading, England,		
	RG1 1LX		

Section B Disclosure

NONE

Statement of Financial Activities (including Income and Expenditure Account) for the year ended 31 December 2025

	Note	2025 Unrestricted Funds £	2025 Restricted Funds £	2025 Total Funds £	2024 Total Funds £
Income from:					
Donations and legacies					
Grants	5	-	-	-	-
Donations		3,231	720	3,951	6,716
Charitable activities					
Fees Charged		74,839	-	74,839	74,839
Other trading activities					
Fundraising Events		-	-	-	-
Book sales and other income		2,791	-	2,791	2,791
Total income		**80,861**	**720**	**81,581**	**82,301**
Expenditure on:					
Raising funds	3	-	-	-	-
Charitable activities	3	83,154	-	83,154	71,722
Other	3	320	-	320	360
Total expenditure		**83,474**	-	**83,474**	**72,082**
Net income / (expenditure) for the year		(2,613)	720	(1,893)	1,276
Transfers between funds	12	1,852	(1,852)		
Reconciliation of funds					
Total funds brought forward		1,488	6,817	8,305	7,030
Total funds carried forward		**727**	**5,685**	**6,412**	**8,306**

Balance Sheet as at 31 December 2025

	Note	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	7		1,196		1,459
Total fixed assets			1,196		1,459
Current assets					
Debtors	8	3,621		576	
Stock	9	1,945		3,992	
Cash at bank and in hand		3,422		12,787	
Total current assets		8,988		17,355	
Creditors: amounts falling due within one year	10	3,772		10,508	
Net current assets			5,216		6,847
Total net assets	11		6,412		8,306
The funds of the charity					
Unrestricted funds			727		(601)
Restricted income funds			5,685		10,181
Total charity funds	12		6,412		9,581

For the year ending 31 December 2025, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Trustees on 22 September 2026 and signed on their behalf by:



Stephen Hogg
Chair of Trustees

Company Registration No. 8324984

Notes forming part of the financial statements for the year ended 31 December 2025

1 Accounting policies.

a) Still the Hunger is a registered charity and a charitable company limited by guarantee incorporated in England and Wales. The registered office is Calhad, Western Avenue, Woodley, Reading, RG5 3BH.

b) The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) -(Charities SORP FRS 102) the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policy notes.

The accounts are prepared in sterling which is the functional currency of the company. Monetary amounts in these accounts are rounded to the nearest £.

The charity constitutes a public benefit entity as defined by FRS 102.

The charity has a reasonable expectation that there are adequate resources to continue in operational existence for the forseeable future. It has therefore continued to adopt the going concern basis in preparing its financial statements.

c) Voluntary income is received by way of donations and grants, and is included in the Statement of Financial Activities when there is entitlement, sufficient certainty that receipt of the income is probable and the amount can be measured reliably. The value of services provided by volunteers has not been included.

d) Expenditure is recognised on an accruals basis. Details of the allocation of this expenditure is shown under Note 3 headed "Total Expenditure".
Support costs include central functions and have been allocated on the basis of resouces used.

e) Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, which in all cases is estimated at 4 years. Items of equipment are capitalised where the purchase price exceeds £500.

f) Debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

g) Cash at bank and in hand includes cash held at a bank current account.

h) Creditors and provisions are recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure where it is probable that settlement will be required and the obligation can be measured reliably.

i) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

j) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose.

k) Restricted funds are to be used for specific purposes as laid down by the donors.

2 Taxation

The charitable company is exempt from corporation tax on its charitable activities.

3 Total Expenditure

	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2025	Total 2024
Unrestricted	£	£	£	£	£	£
Staff costs	-	64,468	-	-	64,468	55,963
Pension costs	-	3,131	-	-	3,131	2,763
Discounts		-			-	292
Training and travel	-	1,262	-	-	1,262	457
Rent	-	-	-	-	-	1,710
EMDR equipment	-	3,382	-	-	3,382	-
Courses, materials and books	-	899	-	-	899	265
Telephone	-	180	-	-	180	296
Postage, freight and courier	-	354	-	-	354	509
Marketing	-	-	-	-	-	20
Computer costs and website	-	2,000	-	-	2,000	1,427
Sundry expenses	-	503	-	-	503	427
Insurance	-	641	-	-	641	666
Professional Fees	-	3,790	-	-	3,790	4,715
Bookkeeping Fees	-	1,094	-	-	1,094	989
Subscriptions	-	611	-	-	611	537
Independent Examiner	-	-	320	-	320	360
Minor office equipment and repairs	-	377	-	-	377	227
Donations	-	200	-	-	200	-
Depreciation	-	263	-	-	263	459
Total Unrestricted	-	83,155	320	-	83,475	72,082

3 Total Expenditure cont'd

Restricted	Raising funds	Charitable activities	Other - Governance costs	Other - Support costs	Total 2025	Total 2024
	£	£	£	£	£	£
Staff Costs	-	-	-	-	-	3,344
Therapist fees		-				1,060
Client discounts		-			-	-
Minor items of equipment	-	-	-	-	-	-
	-	-	-	-	-	4,404

4 Staff Costs

	2025	2024
	£	£
Staff Costs	64,468	55,269
Pension costs	3,131	2,763
	67,600	58,032

The average number of full time equivalent employees:

All categories	1	1

No employees had emoluments in excess of £60,000.

5 Grants Received

	2025	2024
	£	£
Unrestricted	-	-
	-	-
Restricted	-	-
	-	-

6 Trustees expenses and remuneration

	2025	2024
	£	£
Costs of meetings, briefings and conferences	-	-
Remuneration	-	-
	-	-

No remuneration or reimbursed expenses were paid to any of the trustees in the year.

7 Tangible fixed assets

	2025 Office & IT equipment	2024 Office & IT equipment
Cost	£	£
At 1 January 2025	4,333	3,365
Additions in the year	-	968
Disposals in the year	-	-
At 31 December 2025	4,333	4,333
Depreciation		
At 1 January 2025	2,874	2,415
Charge for the year	263	459
Disposals in the year	-	-
At 31 December 2025	3,137	2,874
Net book value at 31 December 2025	1,196	1,459

8 Debtors

	2025	2024
	£	£
Clients' fees	1,457	183
PAYE	1,796	-
Prepayments	368	393
	3,621	576

9 Stock

	2025	2024
	£	£
Touchpoint equipment	1,945	3,992
	1,945	3,992

10 Creditors: amounts falling due within one year

	2025	2024
	£	£
Taxation and social security	-	4,629
Other creditors and accruals	3,772	5,879
	3,772	10,508

11 Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	2025 Total Funds	2024 Total Funds
	£	£	£	£
Tangible fixed assets	1,196	-	1,196	1,459
Current assets	8,988	-	8,988	17,355
Current liabilities	(3,772)	-	(3,772)	(10,508)
Total net assets at 31 December 2025	6,412	-	6,412	8,306

12 Movement in funds

	At 1 Jan 2025	Income	Expenditure	Transfers	At 31 Dec 2025
	£	£	£	£	£
Unrestricted funds	1,488	80,861	83,474	1,852	727
Restricted fund - bursary	1,852	-	-	(1,852)	-
Restricted fund - residential	4,965	720	-		5,685
Total funds	8,305	81,581	83,474	-	6,412

Restricted funds exist for the following purposes:
1. Bursary fund - to enable clients to receive therapy at reduced rates who would be otherwise unable to afford treatment
2. Residential fund - to enable the set up and ongoing service of a residential service to clients in need of more intensive treatment

During the year the restricted funds were reviewed. The bursary fund is no longer being offered to new clients and is therefore being closed. The donor conditions have been fully met and the trustees are satisfied that the funds can be transferred to general funds for use for the charity's ongoing activities.

13 Control

The Company is under the joint control of the 3 Directors who guarantee the liabilities of the Company up to a maximum of £1 each. There is no one ultimate controlling party.

14 Related Party Transactions

Donations from Trustees in the year amounted to £480 (2024: £480)
There were no other related party transactions.